## November 1 November 2 November 3 November 4 **CHICKEN TETRAZZINI CRISPY FISH FILLET** Fruit Juice **BAKED HAM** Peas POLISH SAUSAGE w/ TARTER SAUCE w/PINEAPPLE SAUCE Corn w/Sauerkraut **AuGratin Potatoes Sweet Potatoes Tossed Salad** Sliced Carrotts Winter Mixed Vegetables Broccoli Bread Pudding with Sauce WW Bread Green Beans WW Bread Corn Bread Milk Hot Dog Bun Milk Milk Milk November 8 PORK CHOP November 9 November 10 November 11 w/MUSHROOM SAUCE **OVEN FRIED CHICKEN** Fruit Juice TACO SALAD CASSEROLE Whipped Potatoes Mashed Potatoes Veteran's Day Winter Mixed Vegetables Mixed Vegetables w/Picante Sauce Peaches/Cottage Cheese Salad Corn Peach Crisp **WW Bread** Refried Beans **WW Bread** Milk Tortilla Milk Milk November 15 November 16 SAUSAGE GRAVY Fruit Juice **November 17 November 18** LASAGNA **ROAST TURKEY** over Biscuit Fruit Juice

November 22

Milk

PORCUPINE MEATBALLS w/gravy

Rice

California Mixed Vegetables

**Applesauce** WW Bread

Scrambled Eggs

**Spiced Peaches** 

Milk

November 29

PEPPER STEAK W/RICE Broccoli Normandy

Carrots Pudding

Cracked Wheat Bread

Milk

November 23

Milk

Peas

Carrots

Texas Toast

PORK ROAST

w/RICE PILAF Mushroom Gravv

Mixed Vegetables Citrus Salad

**WW Bread** Milk

November 30

BEEF STEW w/CARROTS Brussel Sprouts (Cabbage)

Fruit Crisp

Tossed Green Salad Cracked Wheat Roll

Milk

Milk

Pumpkin Pie

WW Bread

w/GRAVY

**Mashed Potatoes** 

Cranberry Sauce

Dressing

Peas

November 24

Fruit Juice **OVEN FRIED CHICKEN** 

Mashed Potatoes

Mixed Vegetables WW Bread

Milk

COUNTRY BEEF MACARONI

California Blend Peach Crisp

Cracked Wheat Roll

Milk

\*\*\*Eagle to get Thanksgiving Dinner

November 25

**Thanksgiving** 

November 5

**SWISS STEAK & NOODLES** 

Spinach

Apple-Cranberry Crisp

WW Bread

Milk

November 12

Fruit Juice

SALISBURY STEAK

w/MUSHROOM GRAVY

Whipped Potatoes **Harvard Beets** WW Bread

Milk

November 19

Fruit Juice

**ROAST BEEF w/GRAVY** 

Whipped Potatoes

Scandinavian Mixed Veggies

Cookie WW Bread

Milk

November 26

Thanksgiving Holiday

(Closed)

Substitutions may be required to ensure a nutritious meal.

## NOVEMBER 2004

**MEALS-ON-WHEELS MENU 327-7460**